

# Washington Seniors Wellness Center Calendar 2023

3001 Alabama Ave SE Washington DC 20020

Phone 202-581-6010



## June is....

- Alzheimer's and Brain Awareness Month
- Aphasia Awareness Month
- Cataract Awareness Month
- Men's Health Month
- PTSD Awareness Month
- Scleroderma Awareness Month
- National CPR and AED Awareness
- Elder Abuse Awareness
- June 14 Flag Day
- June 18 Father's Day
- On June 19, 1865, Union General Gordon Granger arrived in Galveston, Texas. To inform the enslaved African Americans of their freedom and that the Civil War had ended, This momentous occasion has been celebrated as Juneteenth- a combination of June and 19 for over 150 years. President Biden signed into law Juneteenth as a Federal Holiday
- June 21- First Day of Summer in North America and the longest day in 2023

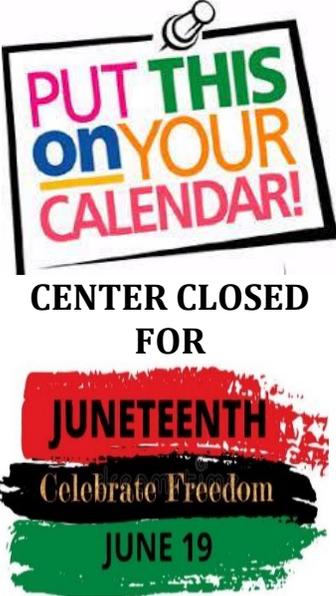
## New Member

Orientation with Shymee  
Tuesdays 1:45pm-3:00pm  
RSVP is required.

**On Zoom:**  
**Enter Meeting ID: 928 7552 9202**  
**Call In 646-558-8656**  
**Password: 083339**  
**\*\* Activities subject to change**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Senior Spa Day</b> Relax. Refresh. Renew Fort Stanton Recreation Center 1812 Erie St SE <b>Wednesday, June 7, 2023,</b> Time: 10am - 2pm</p> <p><b>Gail and Friends Comedy Show</b> <b>PG Publick Playhouse</b> 5445 Landover Road Cheverly, MD 20784 <b>Thursday June 8, 2023</b> Time: 10:00AM - 1PM</p> <p><b>Martha's Table-Commons Lobby Market</b> The Commons Building 2375 Elvan's RD SE <b>Tuesday, June 13, 2023</b> Time: 10:45am - 11:45am</p>	<p><b>Mayor's Senior Symposium</b> Ballou High School <b>Wednesday June 28, 2023</b> Time: 9am - 2pm</p> <p><b>Juneteenth Cruise</b> Luncheon Party Cruise 580 Water St, SW <b>Friday June 16, 2023</b> Time: 11am - 3:30pm</p> <p><b>Men's Retreat Fishing Trip</b> Solomons Island June 29, 2023 Time: 6:30am Departure from WSWC</p> <p><b>Removed from calendar.</b> <b>Friday 11:00am-1:00pm Center</b> Art SWAG Works DC w/ Lisa</p>	<p><b>WSWC-Pre-Father's Day Fish Fry CENTER</b> <b>Wednesday, June 14, 2023</b> Time: 2:00pm - 4:00pm</p> <p><b>FISHING TRIP to Solomon's Island.</b> Departing from the WSWC <b>Thursday June 29, 2023</b> Time: 6:30 am - Off-Site Excursion.</p> <p><b>Glaucoma Screening WSWC Hudson Room</b> <b>Thursday June 15, 2023</b> 10:30m-2:00pm</p>	<p><b>9:00am - 9:45am Center</b> Zumba Gold with Michelle <b>10:00am-11:00am Hybrid</b> Nutrition w/Shymee (<i>see details</i>) <b>10:00am-1:00pm- Center</b> Francis Gregory Library with Margarette Snow, Librarian. (<i>see event sheet for details</i>) <b>10:30am-11:30am Center</b> Chair Exercise w/ Andrea <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda. <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA <b>1:45pm - 2:20pm Zoom</b> Health Dialogue/ DeLois Botts <b>2:30pm-3:00pm Hybrid</b> Nutrition Ed. w/ Shymee and Chef Herb (SNAP)</p>	<p><b>11:00am-12:00pm Hybrid</b> Enhance Fitness w/Tawana. <b>Mtg ID:815 5057 3934</b> <b>PW: wswc</b> <b>1:00pm-2:00pm Center</b> Line Dancing with Rita</p> <p><b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b></p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;"><b>5</b></p> <p><b>9:00am –10:00am Hybrid</b> Kickboxing w/ Vernetta <b>10:00am -11:00am- Center</b> Chair Yoga w/ Gigi <b>10:00am-11:00am Hybrid</b> Hydration/Skin Care <i>(See event sheet for details)</i> <b>11:00am-12:00pm Hybrid</b> Hair &amp; Scalp Health Matters <i>(See event sheet for details)</i> <b>11:00am –12:00pm- Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID:815 5057 3934</b> <b>PW: wsw</b> <b>12:00pm – 1:00pm Zoom</b> Chatting w/ Katherine <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b> <b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p>	<p style="text-align: right;"><b>6</b></p> <p><b>10:00am-11:00am Hybrid</b> Nutrition Sessions w/ Shymee <i>(see details)</i> <b>10:00am-1:45pm Center</b> Legal Counsel for the Elderly w/ Bruce Rathbun <b>10:30am – 11:30am</b> <b>Center</b> Chair Exercise w/Andrea <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:30pm-3:00pm Center</b> The Matter of Balance w/ Andrea &amp; Vernetta <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry – YMCA <b>2:00pm-4:00pm Center</b> Activities at your Leisure</p>	<p style="text-align: right;"><b>7</b></p> <p> <b>9:00am-10:00am Hybrid</b> Kickboxing w/Vernetta <b>10:00am -11:00am Center</b> Chair Yoga w/ Gigi <b>10:00am- 2:00pm- TRIP</b> <b>Senior Spa Day</b> Relax. Refresh. Renew Fort Stanton Recreation Center <b>11:00am-12:00pm Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID:815 5057 3934 PW: wswc</b> <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:00pm – 2:00pm Zoom</b> Sibley Club Memory <b>ID: 975-5829-0633 or call 301-715-8592</b> <b>1:00pm - 4:30pm Center</b> Drawing and Painting Art Class <b>5:00pm - 6:00pm Center</b> Fitness w/ Rodney</p>	<p style="text-align: right;"><b>8</b></p> <p> <b>9:00am – 9:45am Center</b> <b>Zumba Gold</b> with Michelle <b>10:00am-1:00pm Trip</b> Gail and Friends Comedy Show PG Publick Playhouse <b>10:30am-11:30am Center</b> Chair Exercise w/Andrea <b>11:00am-1:00pm Center</b> Computer Training w/Adrian <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA <b>1:45pm – 2:20pm Zoom</b> Health Dialogue/ DeLois Botts <b>2:30pm-3:00pm Hybrid</b> Nutrition Ed. w/ Shymee and Chef Herb (SNAP) <b>3:00pm-4:00pm Hybrid</b> Community, Health Sessions w/Shymee <i>(see details)</i></p>	<p style="text-align: right;"><b>9</b></p> <p><b>11:00am–12:00pm</b> <b>Hybrid</b> Enhance Fitness w/Tawana. <b>Mtg ID:815 5057 3934</b> <b>PW: wswc</b></p> <p><b>12:30pm-4:30pm</b> <b>Center</b> <b>GAMES A PLENTY</b></p> 
<p style="text-align: right;"><b>12</b></p> <p><b>9:00am –10:00am Hybrid</b> Kickboxing w/ Vernetta <b>10:00am -11:00am- Center</b> Chair Yoga w/ Gigi <b>10:30am-12:00pm Center</b> Capital Food Bank Grocery Plus Pick up @ WSWC. <b>11:00am –12:00pm- Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID:815 5057 3934</b> <b>PW: wswc</b> <b>12:00pm – 1:00pm Zoom</b> Chatting w/ Katherine <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b> <b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p>	<p style="text-align: right;"><b>13</b></p> <p> <b>10:00am-11:00am Hybrid</b> Nutrition Session w/Shymee <i>(see details)</i> <b>10:00am-1:45pm Center</b> Legal Counsel for the Elderly w/ Bruce Rathbun <b>10:00am -12pm- Center</b> WSWC Garden Club w/Dr. Linda Thompson <b>10:30am – 11:30am Center</b> Chair Exercise w/ Andrea <b>10:45am – 11:45am TRIP</b> Martha’s Table-Commons Lobby Market <b>11:00am-12:00pm Center</b> Community Session w/Shymee <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry – YMCA <b>2:00pm-4:00pm Center</b> Activities at your Leisure</p>	<p style="text-align: right;"><b>14</b></p> <p><b>9:00am-10:00am Hybrid</b> Kickboxing w/Vernetta <b>10:30am-11:30am Hybrid</b> Health Ed. Session w/Shymee <i>(see details)</i> <b>10:30am-1:00pm Center</b> Deanwood Computer Bingo <b>10:00am -11:00am Center</b> Chair Yoga w/ Gigi <b>11:00am – 12:00pm Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID:815 5057 3934 PW: wswc</b> <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda. <b>1:00pm – 2:00pm In Center</b> Sibley Club Memory <b>1:00pm -4:30pm Center</b> Drawing and Painting Art Class <b>2:00pm-4:00pm Center</b> <b>Pre-Father’s Day Celebration</b> <b>FISH FRY</b> <b>2:30pm-3:30pm Center</b> Ceramics Art &amp; Mixed Media w/ Candice <b>5:00pm-6:00pm Center</b> Fitness w/Rodney</p>	<p style="text-align: right;"><b>15</b></p> <p><b>9:00am – 9:45am Hybrid</b> <b>Zumba Gold</b> with Michelle <b>10:00am-2:00pm WSWC</b> <b>Hudson Room</b> <b>Glaucoma Screening</b> <i>(see event sheet for details)</i> <b>10:30am-11:30am Center</b> Chair Exercise w/ Andrea <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry <b>1:45pm – 2:20pm Zoom</b> Health Dialogue w/ DeLois Botts <b>2:30pm-3:00pm Hybrid</b> Nutrition Education w/ Shymee <b>3:00pm-4:00pm Hybrid</b> Community, Health Sessions w/Shymee <i>(see details)</i></p>	<p style="text-align: right;"><b>16</b></p> <p> <b>11:00am–12:00pm</b> <b>Hybrid</b> Enhance Fitness w/ Tawana. <b>Mtg ID:815 5057 3934</b> <b>PW: wswc</b> <b>11am – 3:30pm TRIP</b> Juneteenth Cruise Luncheon Party Cruise <b>12:30pm-4:30pm</b> <b>Center</b> <b>GAMES A PLENTY</b></p>  <p><b>1:00pm-2:00pm</b> <b>Center</b> Line Dancing with Rita</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">19</p>  <p style="text-align: center;"><b>CENTER CLOSED FOR JUNETEENTH Celebrate Freedom JUNE 19</b></p>	<p style="text-align: right;">20</p> <p><b>10:00am-1:45pm Center</b> Legal Counsel for the Elderly w/ Bruce Rathbun <b>10:30am - 11:30am Center</b> Chair Exercise w/ Andrea <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA <b>2:00pm-4:00pm Center</b> Activities at your Leisure</p>	<p style="text-align: right;">21</p> <p><b>9:00am-10:00am Hybrid</b> Kickboxing w/Vernetta <b>10:00am -11:00am Center</b> Chair Yoga w/ Gigi <b>11:00am - 12:00pm Hybrid</b> Enhance Fitness w/Tawana. <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:00 - 2:00pm Zoom</b> Sibley Club Memory <b>ID: 975-5829-0633 or call 301-715-8592</b> <b>1:00pm -4:30pm Center</b> Drawing and Painting Art Class <b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p> 	<p style="text-align: right;">22</p> <p><b>9:00am-9:45am Hybrid</b> <b>Zumba</b> Gold with Michelle <b>10:30am-11:30am Hybrid</b> Community Sessions w/ Shymee <i>(see event details)</i> <b>10:30am-11:30am Center</b> Chair Exercise w/ Andrea <b>11:00am-1:00pm Center</b> Computer Training w/Adrian <b>11:30am-12:30pm Closed</b> Executive Board Meeting <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry <b>1:45pm - 2:20pm Zoom</b> Health Dialogue w/ DeLois Botts <b>2:30pm-3:00pm Hybrid</b> Nutrition Education w/ Shymee <b>3:00pm-4:00pm Hybrid</b> Community, Health Sessions w/Shymee</p>	<p style="text-align: right;">23</p> <p><b>11:00am-12:00pm Hybrid</b> Enhance Fitness w/ Tawana <b>12:00pm-1:30pm Center</b> WSWC Reading Group <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b></p> 
<p style="text-align: right;">26</p> <p><b>9:00am -10:00am Hybrid</b> Kickboxing w/ Vernetta <b>10:00am -11:00am- Center</b> Chair Yoga w/ Gigi <b>10:30am-11:30 am Center</b> Community Session w/Shymee <i>(see details)</i> <b>11:00am -12:00pm- Hybrid</b> Enhance Fitness w/ Tawana. <b>12:00pm - 1:00pm Zoom</b> Chatting w/ Katherine <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b></p>  <p><b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p>	<p style="text-align: right;">27</p> <p><b>10:00am-11:00 am Hybrid</b> Nutrition Session w/ Shymee <i>(see details)</i> <b>10:00am-1:45pm Center</b> Legal Counsel for the Elderly w/ Bruce Rathbun <b>10:30am - 11:30am Center</b> Chair Exercise w/ Andrea <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry - YMCA <b>2:00pm-4:00pm Center</b> Activities at your Leisure</p>	<p style="text-align: right;">28</p> <p><b>Field Trip!</b></p>  <p><b>9:00am-10:00am Hybrid</b> Kickboxing w/Vernetta <b>10:00am-11:00am Center (Appt Only)</b> Nutrition Consultation w/ Shymee <b>10:00am -11:00am Center</b> Chair Yoga w/ Gigi <b>Mayor's Senior Symposium Wednesday June 28, 2023</b> Time: 9am - 2pm <b>11:00am - 12:00pm Hybrid</b> Enhance Fitness w/Tawana. <b>Mtg ID:815 5057 3934 PW: wswc</b> <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:00 - 2:00pm Zoom</b> Sibley Club Memory <b>ID: 975-5829-0633 or call 301-715-8592</b> <b>1:00pm -4:30pm Center NO CLASS</b> Drawing and Painting Art Class <b>5:00pm- 6:00pm Center</b> Fitness w/ Rodney</p>	<p style="text-align: right;">29</p> <p><b>Field Trip!</b></p>  <p><b>6:30am- Offsite excursion</b> Fishing Trip to Solomon's Island Departure from WSWC <b>9:00am-9:45am Hybrid</b> <b>Zumba</b> Gold with Michelle <b>10:30am-11:30am Center</b> Chair Exercise w/ Andrea <b>11:00am-1:00pm Center</b> Computer Training w/Adrian <b>11:30am-12:30pm Zoom</b> Active Living w/ Romunda <b>1:30pm-2:30pm Center</b> Tai Chi w/ Jerry <b>1:45pm - 2:20pm Zoom</b> Health Dialogue w/ DeLois Botts <b>2:30pm-3:00pm Hybrid</b> Nutrition Education w/ Shymee <b>3:00pm-4:00pm Hybrid</b> Community, Health Session w/Shymee</p>	<p style="text-align: right;">30</p> <p><b>11:00am-12:00pm Hybrid</b> Enhance Fitness w/ Tawana <b>12:30pm-4:30pm Center</b> <b>GAMES A PLENTY</b></p> 

# WSWC COMMUNITY, HEALTH, NUTRITION SESSIONS WITH SHYMEE & SPECIAL EVENTS *DETAILS*



## MONDAY

**June 5 10:00am-11:00am Hybrid** Hydration/Skin Care. Black Nurses Association. Presenter: Pamala Hodges, Retired RN and member of the Black Nurses Association. Topic: Overview of Dehydration, water intoxication and skin care tips for the summer months

**June 5 11:00am-12:00pm Hybrid** Hair & Scalp Health Matters. Owner of Glamourous Styles. Presenter: Kristal Hall, Board Certified Master Cosmetologist, Certified Trichologist (diseases that affect the scalp and hair) & Board-Certified Holistic Health Practitioner in Maryland Topic: Suffer with hair loss, scalp Psoriasis, Alopecia, help is on the way & tips on summer hair care for beach and pool water.

**June 26 10:30am-11:30am Hybrid.** GI Conversation. MedStar Washington Hospital Center Ask the Doc Series. Presenters: Dr. Amer Arman Topic: GI Diseases, treatments, medication, prevention

## TUESDAY

**June 6 10:00am-11:00am Hybrid** Nutrition Session w/ Giant Food Alexandra Brown, In Store Dietician Topic: Sunshine on your plate. Tips for boosting Vitamin D in your diet.

**June 6,13,20,27 10:00am-1:45pm Center** Legal Counselor for the Elderly with Bruce Rathbun. Topic: Members one on one discussion of legal matters.

**June 13 10:00am-11:00am Hybrid, June** is Elder Abuse Month. Office of the Attorney General (OAG). Presenter Mr. Aaron Jenkins, Director of Community Engagement & Elder Justice Division Topic: Elder abuse action to take, scams, financial exploitation.

**June 13, 11:00am-12:00pm Center** Mayor's Office of Community Relations and Services/Executive Office of the Mayor. Presenter: Lawrence Ward 7 MOCRS Topic: Open session to address new and previous session concerns. Status of scheduling Casey Trees & DDOT Q & A Session.

**June 27 10:00am-11:00am Hybrid** Proteins, Carbohydrates and Fat Wellness. Presenter: Elizabeth Dortch, Certified Health Coach/WSWC Member topic: What's Carbohydrates, Proteins and Fats and why are a necessary part of Good Health. Carb counting for a balanced diet.

## WEDNESDAY

**June 14 10:30am-11:30am Hybrid.** June is Men's Health Month. Presenter: TBA Topic: Open discussion around Men's Health (when should men see a doctor, making doctor appointments, what routine exams men need)

**June 14 10:30am-1:00pm Center** Deanwood Library. Facilitator: Melissa Davis & Outreach Staff Topic: Computer Bingo (Learn & Win Prizes)

**June 14 2:00pm-4:00pm Center.** Pre-Father's Day Celebration FISH FRY. Cooking Demo by Chef Herb, Drinks by Mixologist Elaina, Music by DJ Rick. Come out to support the WSWC men and enjoy the festivities.

**June 28 10:30am-2:00pm Center** Improv Comedy. Presenter: Topher Bellavia Topic: Laughter is good for the Soul. Mr. Bellavia will spend the day with us with a couple of comedic sessions throughout the day.

**June 28 1:00pm-3:00pm Center** WSWC Birthday Celebration. Come out and celebrate the April, May, June Members' Birthdays. Fun day with Cake, Games and the improves comedy show w/Topher Bellavia.

## THURSDAY

**June 1 10:00am-11:00am Hybrid Weis** Market w/Christina Pelletier, In Store Dietician Topic: Food items that do not need to be refrigerated & Spices to season foods vs. the use of salt.

**June 1 10:00am-1:00pm Center** Francis Gregory Library. Presenter: Margarette Snow, Librarian Topic: Student Scholarships& financial aid services for college. Resume' refresh if interested in returning to the job market.

**June 1 2:30pm-3:00pm Hybrid** Nutrition Session w/Shymee and Chef Herb (SNAP). Health & Nutritional benefits discussion on Fresh Garlic w/ cooking demo by Chef Herb

**June 8, 22,29 11:00am-1:00pm Center** Computer Training with Adrian. Bring your Computers, Phones, IPads and learn how they can work for you.

**June 8 2:30am-3:00pm Hybrid** Nutrition Session w/Shymee & Chef Herb. Health & Nutritional benefits discussion on Chia Seeds w/food demo by Chef Herb

**June 8 3:00pm-4:00pm Hybrid.** June is Brain awareness & Aphasia (a disorder that results from damage to portions of the brain that are responsible for language.) Month. MedStar Washington Hospital Center Ask the Doc Series. Presenters: TBA Team Topic: Impact of brain injuries, symptoms, treatments & prevention

**June 15 10:00am-2:00pm Center** Glaucoma Information Session and Screening. Prevention of Blindness Society of Metropolitan Washington. Presenter: Marianna Flood, Program Coordinator and Team. Topic: 10:00am-10:30am Glaucoma Presentation. 10:30am-2:00pm Actual Glaucoma Screening in the Hudson Room

**June 15 2:30pm-3:00pm Hybrid** Nutrition Session w/Shymee & Chef Herb Topic: Health & Nutritional benefits discussion on Plumes w/cooking demo by Chef Herb

**June 15 3:00pm-4:00pm Hybrid.** June is Post Traumatic Stress Disorder (PTSD). MedStar Washington Hospital Center Ask the Doc Series. Presenters: TBA Team Topic: Define PTSD, symptoms, treatment, prevention.

**June 22 10:30am-11:30am Center.** United Health Care. Presenter: Donna Tabor, Independent Insurance Agent/ United Health Care Representative. Topic: Bingo w/ Donna. Learn about the Waiver & QMB Program. **Prizes anyone!!**

**June 22 2:30pm-3:00pm Hybrid** Nutrition Session w/Shymee & Chef Herb Topic: Health & Nutritional benefits discussion on Okra w/cooking demo by Chef Herb

**June 22 3:00pm-4:00pm Hybrid.** June is National CPR& AED(Defibrillator) Awareness Month. MedStar Washington Hospital Center Ask the Doc Series. Presenter: TBA Topic: Discussion around the importance of CPR & AED in savings someone's life.

**June 29 6:30 am - Off Site Excursion. FISHING TRIP** to Solomon's Island. Departing from the WSWC.

**June 29 2:30pm-3:00pm Hybrid** Nutrition Session w/Shymee and Chef Herb (SNAP). Health & Nutritional benefits discussion on Grilled Corn w/ cooking demo by Chef Herb

**June 29 3:00pm-4:00pm Hybrid.** June is Scleroderma (skin irritation) Month. MedStar Washington Hospital Center Ask the Doc Series. Presenters: TBA Topic: What is Scleroderma, symptoms, treatment, prevention, impact to other body organs.